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# Smart Living with CAD

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CRCASPR12

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## Germ Patrol: The Shopping Mall



Heading to the mall to check out the latest spring fashions? You may want to bring along some hand cleaner!

Turns out malls are full of more than just cool clothes and gadgets. They're also loaded with germs!

Here are some of the dirtiest spots – and how to handle them:

**ATM.** Unfortunately, cash may not be all you pick up here. Researchers found germs on every button tested on ATM keypads. *Hint: Use knuckles instead of fingertips to tap keys. And*

*wash or sanitize hands when done.*

**Escalator.** Researchers found traces of sweat, waste matter and blood on 20 percent of escalator rails tested. *Hint: Avoid touching. If you must to be safe, clean hands afterward.*

**Restroom.** Researchers report restroom soap dispensers – of all things – are mega germ magnets. One in four tested contained waste and other germs. *Hint: Scrub hands thoroughly with hot water for 15 to 20 seconds after lathering up.*

**Fitting room.** Research found people often leave germs on clothes they try. *Hint: Always wear underwear. And cover cuts before trying on stuff.*

**Makeup counter.** One study found 67 percent to 100 percent of makeup counter testers contained bacteria. *Hint: Don't apply. Buy and try makeup. And return if you don't like it.*

It's time for a refresher course on sun safety.

Let's start with how the sun actually burns your skin. Its ultraviolet (UV) light cuts through skin layers, and kills cells beneath that normally make new skin. When that happens, blood flow increases to the burned areas, turning skin red and warm.

But a little burn never hurt anyone, right? *Wrong!* Experts say UV rays can change cells. And cause cancer and early wrinkling.

Over a million cases of skin cancer are diagnosed in the U.S. each year. About 70,000 are melanoma, the deadliest kind. Melanoma is very dangerous, because it can spread to other organs.

The good news is skin cancer can be prevented and treated if found early. The No. 1 way to reduce risk is to limit UV exposure.

Other tips: Wear an SPF 30 (or higher) broad-spectrum (UVA and UVB) sunscreen daily. Cover up (long-sleeves, sunglasses, wide-brim

hat) in the sun. And don't use tanning beds!

**Reality check.** *Tanning beds are not safe.* Research shows regular use triples – and in some cases even *quadruples* – melanoma risk.

Melanoma is one of the fastest-growing cancers among whites. The number of cases jumped about 2 percent each year between 1997 and 2006. During the same period, indoor tanning skyrocketed.

The World Health Organization recently raised tanning beds to its highest cancer risk category, citing research showing:

- One burn in a tanning bed equals 10 to 12 sunburns.
- Use of tanning beds before age 30 ups melanoma risk by 75 percent.

Remember that next time you think about ducking into a tanning salon.

*Still crave that sun-kissed look? Try a sunless tanning spray or lotion!*

# Smoking Dims Memory

A new study found smoking isn't only bad for your body. It may also hurt your mind.

Researchers at University College in London studied the memory, verbal and reasoning skills of 5,000 men and 2,000 women. Their average age was 56 when the 10-year study began.



The findings, published in the journal *Archives of General Psychiatry*: men who smoked suffered much greater mental decline than non-smokers.

In fact, smoking sped up their mental aging process so much, their brains functioned like they were 10 years older than their

real age, researchers found.

“For example, a 50-year-old male smoker showed a similar cognitive decline as a 60-year-old male never- smoker,” lead study author Severine Sabia said.

The good news: Men who quit smoking over 10 years earlier did as well on the skills tests as those who had never smoked.

But men who kicked butts less than a decade before didn't score much better than those who continued to smoke.

Researchers said smoking impairs the body's ability to deliver blood, oxygen and nutrients the brain needs to function. So this may be a culprit. Chemicals in cigarettes – many poisonous and known cancer-causing agents – may also be to blame.

The study did not find a link between smoking and memory loss in women. But researchers said that could just be because there were fewer women in the study. Or because women in this age group don't smoke as much as men.

*Ready to give up smoking? Great. Your body – and your mind – will thank you!*

# Can Black Tea Cut Blood Pressure?

Are you a tea drinker? If not, you may want to become one!

No doubt you've heard about the potential health benefits of green tea. Research has linked green tea to a lower risk of everything from arthritis to cancer.

But it seems green tea isn't the only mighty brew out there.

Researchers from the University of Western Australia found *black* tea may also have health benefits.

They studied 95 regular tea drinkers for six months. Participants were split into two groups. One drank three cups of black tea a day. And the other drank a non-tea beverage that tasted similar and contained about the same amount of caffeine.

The findings, published in the journal *Archives of Internal Medicine*: by the end of the study, the tea drinkers saw a drop of between two and three points in their 24-hour average systolic (top) blood pressure level, and two points in their diastolic number.

That may not sound like much. But researchers say even small dips like this can have a major effect on heart disease risk.

Researchers credit ingredients in black tea called flavonoids. Flavonoids are compounds that help protect cells in the body.

Previous research found black tea may improve the function of cells lining the blood vessels.

*Black tea, anyone?*



# Cool Hands Boost Workout!

Do you get overheated and throw in the towel early when you exercise? Or skip workouts altogether because you get too hot and bothered?



New research suggests you may just need to *cool it!*

Stanford University researchers studied two-dozen obese women. None were regular gym goers. And researchers wanted to see if keeping them cool could get them on the treadmill. And keep them there longer.

They split the women, ages 30 to 45, into two groups. Both sets exercised three days a week for 12 weeks. But one group held a device chilled to about 61 degrees Fahrenheit during cardio workouts.

The findings: the exercisers with cool hands felt less sweaty and tired. So they worked out harder and longer. And were more likely to stick to the program!

“Obese women often complain about sweating and getting tired because they're walking around with extra insulation,” said lead study author Stacy Sims. “If you can slow the rate internal temperature rises and cool someone who is obese, they don't store as much heat and don't feel as uncomfortable. They can do more work.”

Want to try it? Researchers suggest holding cold water bottles while exercising. *Have a cool workout!*

# Having a Heart Attack?

Believe it or not – you could have a heart attack and not know it.

It's not that there aren't *any* symptoms. But they may be so subtle – or different from what you expect – you ignore them. Or chalk them up to indigestion, back pain, a stomach bug or overdoing it on the treadmill or cleaning out a closet.

Women – especially those under 55 – are most likely to miss or dismiss heart attack signs, according to a new report published in the *Journal of the American Medical Association (JAMA)*.

They're also less likely than men to get immediate treatment for a heart attack, according to the study, which tracked more than 1.1 million patients.

Among the reasons: many women don't think heart disease is a threat to them. So they brush off symptoms. Reality check: Heart disease is *the No. 1 killer of women in the U.S.*



Another problem is most people think severe chest pain is the only heart attack sign. And chest discomfort is the most common symptom in both men and women. But it's not the *only* one.

According to the American Heart Association, people – especially women – having a heart attack may experience other symptoms, *with or without chest pain*.

Among them: shortness of breath, pain in one or both arms, the back, neck, jaw or stomach, dizziness, light-headedness or fainting, extreme fatigue, nausea/ vomiting and breaking out into a cold sweat.

*Call 911 and get to a hospital right away if you have any of these symptoms! Don't worry it might be a false alarm. Just go. Delay can be deadly.*